

IS YOGA IMPACTS ON HEALTH DIRECTLY? - A CASE STUDY

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ABSTRACT

Since the ancient ages Saints, Gurus, and the general public discussion about yoga and achieve success in their health. Many people applied for Patents to the provisions made in the Intellectual Property Rights (IPR) - Patent and Copyrights Bishnu Ghosh now called Bikram born in the year 1946 in Kolkata moved to California in the US and claimed that Yoga is Patent unfortunately copyrights issued in several occasions of the same products with slight modification. Yoga is a very good exercise for the body which controls the organs to function properly.

Many times heart attacks joint pains and other chronic diseases have been cured by using Ayurveda and Yoga together. Learning Yoga has influenced on Health conditions of Human beings. Breathing, and movements of organs come under yoga which has resulted in curing many root causes of sickness. Dr. Ramdev Baba, Yoga Guru alerted the Indians once again about yoga and how it helps in health aspects. Each yoga has its health benefits.

KEYWORDS: Yoga, Branches of Yoga, Chakras -Balancing, Breathing Techniques -Benefits

Article History

Received: 03 Jun 2022 | Revised: 04 Jun 2022 | Accepted: 17 Jun 2022

INTRODUCTION

Understand the Concept of Yoga?

The word Yoga extracted from the Sanskrit which is a Root for all other languages and concepts Yuj refers to connect bind, re-join, attach and yoke, to leads and concentrate special attention on application of yoga further it refers to combine .Gods will combines with mans will . “The yoking of mind, body, soul approaches to God leads a power; it means the disciplining of the intellect, the mind, the emotions, the will, which that Yoga presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly.”

Do you want to become yogi then follow yoga.

Bhagavan Krishna (SrimaanNarayana) mentioned in the Bhagavad Gita chapter VI, preaches to Arjuna (Nara) the philosophy, concepts and further explains to how the pain and sorrow is a part of this Yoga world.

Yoga is a cluster of physical, mental, and spiritual practices or disciplines that originated in ancient India.

DEFINITIONS

- **Sara Devi 1985** "Yoga and Health" printed and published by Sara Printers and Publishers Pvt.Limited, France. Yoga makes to move all your organs internally and externally which makes active the model organs. Results in good health.
- **Sharanya Mathaji 1989**, "Health with Yoga" Printed at PrasantaTarafdar, North Paragana, Kolkata, and Published by Atiya Banu Publishers Limited systematically doing yoga with proper breathing makes you free from deceases.
- **Dr. Ravishankar Guruji 2009**, Art of Living, Bangalore Training of Yoga Batch 16, an International Yoga Master who teaches yoga in his original campus in Bangalore says yoga leads your life longevity and good health conditions.
- **Old Manuscripts collected by Shakila Banu and Mansoor Ahmed**, how to improve health through Yoga and Meditation, 2000, palm leaves scripts to say that to keep the diseases out of your body regular exercise needed with proper breathing.
- **Atiya Banu 2005**, Training Materials of Yoga results in Good Health Published and Printed by Afiya Banu at Nayandahalli. Yoga is essential for everybody knowingly or unknowingly activities shall akes place life breathing. The method of breathing will control the Aura Colours and Pingala, and Ida Nadiboth will be controlled depending on the deceases.

The Six Branches of Yoga are

- Tantra Yoga
- Karma Yoga
- Hatha Yoga
- Raja Yoga
- Bhakti Yoga
- Jnana Yoga and

The Eight Limbs or Stages of Yoga are

- Pranayama (Rhythmic control of the breath)
- Yama (Universal Moral Commandments)
- Niyama (Self-purification by discipline)
- Dharana (Concentration)
- Asana (Yoga postures)
- Pratyahara (Withdrawal and emancipation of the mind from the domination of the senses and exterior objects)
- Dhyana (Meditation) and

- Samadhi (A state of not knowing anything in the present world and becomes one with God and sole) Paramatma or the Universal Spirit).

There are 7 Major Chakras in Our Body and Uncountable Minor Chakras

- Sahasrara (Crown Chakra)
- Ajna (Third Eye Chakra)
- Vishudhi (Throat Chakra)
- Anahata (Heart Chakra)
- Manipura (Solar Plexus Chakra)
- Swadhishtana (Sacral Chakra)
- Muladhara (Root Chakra)

Breathing is correlated with exercise without that Sara (Complete) effect will not be there. Many people don't know how to breathe properly there are two types of breathing abdomen breathing and chest breathing. Abdomen breathing is suggested for Yoga. The unit of breathing is a pulse of a person and not at a specific time.

Asana A different dimensional views of a body position is termed as asana sitting long hours at place for meditation leads to forcible imposition yoga means Hatha Yoga. In the contemporary world (Modern Yoga) specifies and restricts to exercise, to any type of pose or position, commissioning, deleting, sitting, reclining, standing, inverted, bending front and back side, twisting, and able to stand on single leg balancing poses. Asanas are also called Yoga poses or Yoga postures in English.

These five Yogasan as Techniques, Postures, and Benefits explained by Ms. Umesalma learned from renowned person Mrs. Sharanya Mathaji is as detailed below for Yoga completion:

1. Halasana (Plow Pose)

Hala Means a Plough



Figure 1.

Technique

- Relaxation of body by joining the legs together and kneeling on back .
- Without disturbing the normal breath spread palm flat on the ground.
- Lift both legs together straight and erect together by pressing palm on ground and breath out
- Remain in the same position for a few seconds during slow breath .
- Take complete rest like dead body (Shavasana).

Benefits

- Improves the functions of digestion and appetite.
- Reduction in weight.
- Abdominal Muscles becomes stronger.
- spinal cord becomes sturdy and flexible.
- Frees from menopause symptoms.
- It collapses the Depression, anxiety, and stress.
- Takes the corrective measuring steps for blood glucose level and stimulates the internal organs along with reproductive organs.

2. Janu Shirasasana (Head-to-Knee Forward Bend)

Janu = knee. Sirsa = head.

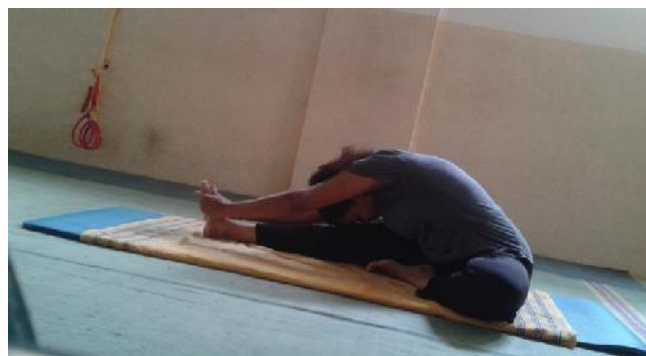


Figure 2.

Technique

- Ñ Sitting on the ground mat with legs in front stretched.
- Ñ By retaining the left thigh and calf muscles of leg outside of kneeling in the ground together with movement of left knee.

- Ñ Let the left heel of leg touch left thigh near the perineum. The thumb of left leg toe touch inner side of the right thigh forming more than 90 degree. Do not keep the left knee in line with the left thigh at a right angle to the extended right leg. Try and push the left knee as far back as possible, so that the body is stretched from the bent leg.
- Ñ Now hold the right foot by hand with touching arms.
- Ñ Tightening the knee do the exercise with observation that the back and right knee rests on the floor.
- Ñ Send the trunk forward by bending and widening the elbows along with breath out, and rest forehead, nose, lips, and the chin beyond the right knee one after the other. Do tilting for one leg and other leg at constant position.
- Ñ Back erect and pull the trunk forward, chest with the right thigh.
- Ñ Breath in & raise the head and trunk, erect the arms, and observe gaze up for a few seconds, extending the spine and trying to make it concave.
- Ñ Free handgrip on the right foot, straighten the left leg and come back to position.
- Ñ Repeat the exercise often times

Benefits

- Refresh the brain keeps cool and calm also relieve the mild depression
- Frees Stretching problem of spine, shoulders, hamstrings, and groins
- Kidney and liver Stimulation
- Digestion increases
- Eases the symptoms of menopause
- Relieves anxiety, fatigue, headache, menstrual discomfort
- Excellent remedies for high blood pressure, insomnia, and sinusitis
- Powers the back muscles during pregnancy (up to second trimester), done without coming forward, keeping your back spine concave and front torso long.

3. Navasana (Boat Pose)

The posture here resembles that of a boat with oars.



Figure 3.

Technique

- Sit on the floor with the legs stretched straight in front. Place the palms parallel to the floor touching to knee touching only base and hips to ground, the fingers pointing to the feet. Stretch the hands straight and keep the back erect.
- While breathing out, reposition the trunk slightly back and at same time lift up the legs from the ground floor and keep it them stiff and erect just like poker with the knees tight and the toes pointing opposite of your face forwards. Gravity point on the buttocks and none other than buttock touch the ground, further with a condition to keep legs at an angle of 60 to 65 degrees. The legs feet are always little higher than the face and head.
- Once you Remove the hands from the ground floor you are advised to stretch the arms forward, keeping them parallel to the ground floor and near the thighs. The palm and shoulders to be maintained at equal height.
- Gradually increase the time of this position to 1 or 2 minutes to feel the results of this type of exercises. At least half an hour later with normal breathing
- Take rest seeing face towards sky.

Benefits

- Ñ abdominal muscles will get toned and strengthens
- Ñ distributes energy equally and raises confidence and digestion
- Ñ elongated hamstrings stretches possible easily.
- Ñ Strengthens your spine and hip flexors
- Ñ Speedup the functions of thyroid, Prostate glands, kidney and intestines
- Ñ Supporting Aids in stress relief

4. Sirsasana (Headstand)

Sirsa means the head.



Figure 4.

Technique

- Ñ In the safe zone keep head upside down and legs on the top. Legs stretches should be straight and part is bend starting from hips. Fold both the palms to give support to head and avoid the imbalance
- Ñ With the uniform breathing make dorsal or middle region of the spine straight and remain at least thirty seconds in the same position.
- Ñ Breath out and lift the heels up from the ground with a backward movement of the hips. Keep raising both legs together along with poker stiff.
- Ñ Again, breath out and ensure that movement of legs are parallel to the Walls or perpendicular to the Ground floor.

Benefits

- Reduces the Mild depression, stress, anxiety and maintains cool and calm of Brain
- Perfect activation of pituitary and pineal glands
- Strengthens the with standing muscle power of arms, legs, lungs, and spine
- Tones the abdominal organs and enhances the digestion power
- menopause symptoms will ease with this
- remedial sources for asthma, infertility, insomnia, and sinusitis

5. Vrikshasana (Tree Pose)

Vriksha means a tree.



Figure 5.

Technique

- ñ vrikshasana starts with Tadasana. Here keep straight the right or left leg and stand on only one leg. And other leg takes the support to the right or left leg at the thighs and toes with the direction to ground
- ñ Both the palms will join on the top of the head straight.
- ñ Continue to Stay in the same position with breathing techniques properly
- ñ Now use another leg for standing position and use the same technique as used earlier. it means you must do for both the legs independently.

Benefits

- Removes imbalance and legs become stronger
- When you are in a metaphysical level, it helps other aspects of life parallelly.
- ligaments and tendons of knee, leg, feet will become stronger, pelvic stability increases
- buttocks, Knee will become stronger in the standing position with sustainability of weight
- Builds self-confidence with the result of standing in one leg but do it on both legs performance of each leg.

CONCLUSION

Yoga exercises prepare for flexing body movements and many experienced the benefits. Each disease will cure with yoga one after the other. Regular practice of yoga for one hour a day keeps the doctors away. Now international level yoga started. Small kids, adults, women, and pregnant have different yoga's and certain yoga's are not advised for certain people under certain circumstances. For better results start yoga with your Gurus.

REFERENCES

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